WOMEN'S WORK

THE STORY OF CANADIAN WOMEN WHO WORKED IN BOMB FACTORIES DURING THE SECOND WORLD WAR IS ONLY BEGINNING TO BE TOLD PAGES 8 & 9

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WHO WILL WIN THE WEST?

Calgary Stampeders quarterback Drew Tate, left, and Saskatchewan Roughriders quarterback Darian Durant square off on Sunday in the CFL's West semifinal at McMahon Stadium in Calgary. See playoff coverage on page 18. PHOTO MONTAGE; PHOTOS: THE CANADIAN PRESS

Oh man, winter!

Early blast of frosty weather in forecast. City could see 10-15 cm of snow on Friday

While winter hasn't officially started yet, Environment Canada has issued snowfall warnings for southern Saskatchewan, including Regina.

"With this storm, in areas that get hit the hardest, we're looking at as much as 25 centimetres of snow," said John Paul Cragg, meteorologist with Environment Canada.

Cragg said Regina could expect 10 to 15 centimetres accumulating throughout the day on Friday. He also warns the quick dump of snow and high winds will create treacherous driving conditions.

"Strong winds — 40 kilometres an hour, with gusts up to 60 — so blowing snow will also be an issue," said Cragg. "That will be mostly in the south. Areas that see the snowfall — that snow will get picked up by the winds and get blown around, reducing visibility on the highways."

Cragg said Environment Canada is recommending that people rethink their travel plans this weekend — at least until the road conditions improve. JANE CAULFIELD AND ALYSSA MCDONALD/METRO

Temperature dip expected

Weather outside to be frightful?

The storm isn't just about wind and snow. Colder temperatures are expected to come in behind the system.

"In behind the low-pressure system there is an area of high pressure that will cause a significant drop in temperatures," said John Paul Cragg, meteorologist for Environment Canada.

As a result, Environment Canada is forecasting temperatures in Regina as low as –15 C by Sunday and –22 C on Monday. METRO

Petition fails to force stadium vote

Organizers handed in close to 10,000 signatures, but 20,000 names were needed PAGE 4

There's something about Liz ...

The Reel Guys pick their favourite Elizabeth Taylor silver-screen moments PAGE 12

Go East

Beef stir-fry and Thai red curry chicken bring the flavours of Asia to your table PAGE 17

No Metro on Monday

Metro will not be publishing for the Remembrance Day holiday. Look for us again on Tuesday

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Controversial comment

Host apologizes for saying Riders players should die in plane crash

A Calgary radio host is apologizing for saying he hoped some of the Saskatchewan Roughriders football players would die in a plane crash.

The Roughriders have a playoff game against the Calgary Stampeders on the weekend and Sportsnet 960 The FAN host Dean (Boomer) Molberg made the comments while discussing the matchup.

Molberg apologized on air Thursday and also in a statement on the station's website. THE CANADIAN PRESS

Allowed to keep it

Family given reprieve in battle over exotic pet

A family in Regina has been given a reprieve in their fight to keep an exotic pet the Saskatchewan government has deemed a public safety threat.

The province has told the Shaheen family they can keep their African serval cat while the Ministry of Environment reviews provincial wildlife laws covering such animals.
THE CANADIAN PRESS/CJME

Asbestos-related cancer

Man who pushed for asbestos registry dies

A Saskatchewan man who urged the province to make lists available to everyone of public buildings that contain asbestos is dead.

The family of Howard Willems says he died peacefully on Thursday after a long battle with an asbestos-related cancer.
THE CANADIAN PRESS

Members of the military band move to the front of a group of soldiers from the 95th Saskatchewan Rifles Regiment (later Regina Rifles) who are in parade formation in this file photo. SASKATCHEWAN ARCHIVES BOARD

The Farmer Johns left a lasting legacy

Reputation. Regina Rifles have a proud place in Saskatchewan and Canadian military history

JEFF MACKEY
jeff.mackey@metronews.ca

There is a proud military history in Saskatchewan filled with tales of individual valour and brave fighting units. Perhaps the most famous of these units is the Royal Regina Rifles Regiment or, as they were known in the Second World War, the Farmer Johns.

The unit included men and boys from across the province including Regina, Prince Albert and North Battleford.

"The two characteristics of the Regina (Rifles) that everyone seems to remember was that there were a lot of tall farm boys and a lot of First Nation and Métis soldiers." said Terry Copp, author of Look To Your Front ... Regina Rifles: A Regiment at War, 1944-1945.

"Both of these aspects made them appear to be anything but urban," said Copp. "The term Farmer John was said to be coined when someone watching them parade at camp called them Farmer Johns, but they liked it (the nickname) and it stuck."

But the Farmer Johns were known for more than just their rural origins, they also quickly became recognized as a strong military unit. The Regina Rifles fought fiercely during D-Day on June 6, 1944, then quickly defended a crucial German counter attack for the following three days.

"Their D-Day performance followed immediately by the defence of what you might call 'the fortress' that the Regina's formed … gave a reputation to the regiment early in the war," said Copp.

"They repeatedly were able to stop, with the aid of artillery, not only German infantry attacks but also attacks by German panzer tanks directly on the villages," said Copp.

The Farmer Johns continued their battle across Normandy and deep into the European campaign, growing their reputation as they went.

"The Regina Rifles have become one of the outstanding battalions in the Canadian army during the course of the second word war," said Copp.

The Regina Rifles have a long history with the province. They can trace their history back to 1905, but were first known as the Regina Rifles in 1924.

Members of the Regina Rifles have served in various more recent overseas missions, including in Cyprus, the Golan Heights, Croatia, Bosnia and Afghanistan.

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Stadium petition falls short of 20,000-signature goal

City hall. Residents' initiative nets just under half the names required to force a referendum

ALYSSA MCDONALD
alyssa.mcdonald@metronews.ca

Time has run out on stadium petitioners who handed in their signatures to Regina City Hall Thursday — coming in more than 10,000 names short of forcing a referendum on the new facility.

"It's not enough for a referendum. We will still accept the petition and report to (city) council that it was received, but it would be insufficient without 10 per cent of the population," said Amber Smale, deputy city clerk.

Since the petition did not reach the 20,000 names needed, city staff will not count nor verify the signatures. It will be presented at the Nov. 19 city council meeting.

Despite not meeting its goal, the group of residents who worked on the petition says it still believes the 9,899 signatures gathered are substantial.

"That is still a significant number, I think, considering only 51,000 voted in the (civic) election. ... I know that we can't force anything as far as a vote, but it definitely sends a really strong message that there is a voice of discontent," said Dawn Thomas, who organized the petition.

Thomas plans to remain active in the talks about the new stadium and says she's been contacted by a new council member to discuss other funding options.

"I will definitely be still there to remind them they are here to represent the public and we want some alternatives. It's no longer about so much stopping it as making sure it's being funded in the proper manner," said Thomas.

The group has no plans to re-launch the petition.

Petition organizer Dawn Thomas talks to the media Thursday after handing in more than 9,899 signatures. ALYSSA MCDONALD/METRO

Premier Brad Wall shows off his budding Movember moustache. ALYSSA MCDONALD/METRO

Movember

Here we grow: Wall's mo a work in progress

Premier Brad Wall's moustache is growing, slowly, but surely.

"I'm adjusting well. Tami, not so much," said Wall, referring to his wife in the Legislative Building rotunda on Thursday.

Wall says he got a package from the Movember charity containing moustache accessories and goodies.

"They sent us moustache wax, which I don't think I am going to be needing unless it's got colour in it," joked Wall.

Wall has raised almost $5,200 already to donate to the fight against prostate cancer and he is encouraging Saskatchewanians to support other men in their communities doing the same.

If you would like to donate to Wall's Movember campaign, visit mobro.co/premierbradwall.

ALYSSA MCDONALD/METRO

Discovery

Explosives found buried north of Saskatoon

RCMP have unearthed a cache of stolen explosives buried in rural Saskatchewan.

Mounties say 60 kilograms of commercial and military-grade explosives had been buried for at least a decade.

An owner of an acreage near Warman, just north of Saskatoon, became aware of their existence after the death of a family member.

Officers found the items packaged in separate containers spread out over 15 square metres of a remote wooded area on the property.

RCMP say all the explosives have been removed and either destroyed or returned to the military.

The case remains under investigation.

THE CANADIAN PRESS

Online

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Nor'easter brings new misery to U.S. East Coast after Sandy

Still in the dark. More than a foot of snow falls on parts of New Jersey, causing further power outages

The New York-New Jersey region woke up to wet snow, hundreds of cancelled flights and more power outages Thursday after a new storm pushed back efforts to recover from a superstorm that left millions powerless and dozens dead last week.

Gov. Andrew Cuomo said losses from Superstorm Sandy in New York state could total $33 billion.

The new storm did not bring a second wave of flooding that some had feared.

"We lost power last week, just got it back for a day or two, and now we lost it again," said John Monticello of Point Pleasant Beach, New Jersey. "Every day it's the same now: Turn on the gas burner for heat. Instant coffee. Use the iPad to find out what's going on in the rest of the world."

But the new storm didn't appear to rouse exhausted residents of the country's most densely populated region to a new chorus of complaints. Except, perhaps, on this week's presidential election.

Valdimir Repnin emerged Thursday morning from his powerless Staten Island home with a snow shovel in his hand, and a question: "Who won? Obama?" he asked.

The region's greatest challenge remains finding emergency housing for tens of thousands of people, in some cases for the long term.

"We are going to have to look at a ground-up redesign," Cuomo said of the power and fuel supply systems. "With power outages, you paralyze the nation, and chaos ensues." THE ASSOCIATED PRESS

Grounded

Major airlines cancelled about 600 flights around the U.S. Thursday, according to flight tracking service FlightAware.

- **Affected airports.** The majority were in the New York area, although airports in Boston, Philadelphia, D.C. and elsewhere were affected.

A U.S. marine from the 8th Engineer Support Battallon out of Camp Lejeune, N.C., carries a hose to pump out floodwater from a street after a nor'easter, Thursday, in the Queens borough of New York City. The region's greatest challenge remains finding emergency housing for tens of thousands. MARIO TAMA/GETTY IMAGES

Liberals rejoice at notion of the dawning of a new America

Seattle revellers celebrate early election returns favouring Washington state Referendum 74, which legalized gay marriage. THE ASSOCIATED PRESS

The United States has long been considered among the most conservative countries in the Western world, particularly when it comes to the importance of religion to its citizens and the distaste for the type of social safety net Canadians and Europeans so cherish.

But with the re-election of President Barack Obama this week on the overwhelming support of women, minorities, gays and young Americans, progressives are declaring the dawning of a liberal America.

Same-sex marriage is now the law in several states. A movement towards the decriminalization of marijuana is on the horizon. Wisconsin elected Tammy Baldwin to the U.S. Senate, the first openly gay member of the chamber.

Progress

"This election was very clearly a demand not to turn the clock back."

Douglas Brinkley, professor at Rice University

Groups that voted in droves for Obama are swelling in numbers — Hispanics and Asian-Americans, in particular.

In 2011, minority births surpassed white births for the first time in the United States, and white men are now a dwindling minority. Indeed, by 2042, the majority of Americans won't be white.

Tuesday polls suggested a historic number of Americans who describe themselves as liberal. THE CANADIAN PRESS

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Newfound freedom.
Veteran recalls excitement of being on forefront of emerging female workforce and military service

ROSANNA HAROUTOUNIAN
For Metro

Second World War veteran Helen Rapp said she doesn't want young Canadians to forget the women who served in war.

"We opened the door for women who are in the military now," she said. "That is what we're really very proud of."

Helen Rapp's certificate of qualification at the Directorate of Signals in Ottawa, 1944. CONTRIBUTED

In 1941, Rapp left her hometown of Schumacher, Ont., to work in a munitions factory in Hamilton.

"There was a catch, though," said Rapp. "I couldn't go without my mother because I was only 15." Her mother worked in the cafeteria, while Rapp helped make barrels for bofor guns.

"I went out in overalls, with my hair tied back, to this station," said Rapp, recalling she was met at the station by an older man and five younger men," said Rapp.

When the younger men started whistling, the older man stood up for her.

"He said, 'There'll be none of that. She is a member of this crew. You treat her properly.'" Rapp said she nicknamed him Fibber McGee after a character from a radio program.

Rapp said she made friends with four girls from Prince Albert, whose apartment was as busy as "Grand Central Station." The girls would visit the dancehall to meet soldiers training at Hamilton's Commonwealth Air Training Plan.

"You never, ever, did not have a date," said Rapp, laughing. Rapp said one air force trainee from England, Jeff, was a great dancer who taught her the jitterbug.

"He never swung me over his head, but we just loved to dance," she said.

Rapp worked in the factory until 1942. At 16, she pretended she was 18 so she could enter the Canadian Women's Army Corps in Ottawa, where she lives today.

She worked in Ottawa as a section sergeant of the directorate of signals.

"The government wanted women in the military, but our mandate was only until 1946, and then you were out" she said.

"But they did learn that we could do just about any job they imagined."

Helen Rapp's (born Helen Villeneuve) tradesman qualification certificate, 1946. CONTRIBUTED

Helen Rapp in Ottawa, 1944. CONTRIBUTED

Joining the war effort

Factory girls for their soldier boys

As husbands, sons, brothers, and fathers were called out to fight on the front lines, some women also thrust themselves into unknown territory by joining munitions factories in the 1940s to supply the men with the weapons they needed for battle.

For some women at the time it was their first job. For others, it was a moral decision to leave their homes and families behind to provide for the war effort.

Women quickly learned their ways around the factories to create weapons such as cannons and ammunition while grappling with the fear of what the war may bring. At the same time, however, it also gave women newfound freedom from social constraints at home.

JOE LOFARO/METRO IN OTTAWA

Helen Rapp in Ottawa, 1944. CONTRIBUTED

Quoted

"There was a catch, though. I couldn't go without my mother because I was only 15."

Second World War veteran Helen Rapp
On leaving her hometown in 1941 to work in a munitions factory in Hamilton.

Certificate allowing Helen Rapp to wear the War Service Badge, 1946. CONTRIBUTED

ROSANNA HAROUTOUNIAN/ FOR METRO

Veterans speak about what was once taboo

Helen Rapp, a veteran of the Second World War, says that while soldiers are more open to sharing their wartime experiences, the Canadian government can still do more to support veterans.

"The majority of men never talked," said Rapp, who served as a section sergeant at the Directorate of Signals in Ottawa from 1942 to 1946. "When they came home, they got into civilian clothes, and that was the end of it."

She said that was an improvement from the First World War, when soldiers were shot when they couldn't handle the stresses of war. "It was called shell-shock," she said. "They thought, 'You're just putting this on. You don't want to fight.'"

Rapp said that when she visits classes to talk about her experiences, she asks students whether they have relatives who served in the military.

"They say, 'Oh yes, my granddad was, or my uncle, but they never talked.' And they didn't," said Rapp. "They just wanted to forget the bad stuff."

She said veterans are more likely to share their experiences with each other.

"You look at these old fellas and these old gals and ask, 'Where were you posted? What did you do?'" said Rapp. "There's a bond there."

Rapp's husband Jerry Bowen, a veteran of Canada's navy and armed forces, agrees.

"The fellows who were with you at the time have an understanding others don't," said Bowen. "Whenever we get together, we have a good talk."

Rapp said that while Veteran's Affairs Canada is better-equipped to identify and deal with soldiers suffering from post-traumatic stress disorder, recent cuts are putting the department under strain.

"They should never have cut back the services that they did," said Rapp. "They haven't in the (United) States. They cut back every department but Veteran's Affairs, and we were hoping they would do the same here, but (Defence Minister Peter) MacKay decided no."

The Union of Veterans' Affairs Employees predicted in January that the government's plan to cut $226 million from the Veterans Affairs budget in the next two years would result in 500 job cuts by 2015.

"They're short-staffed now," said Rapp. "Where before someone was looking after five or six people, their load is more now."

Rapp said part of the reason she speaks to other Canadians is to ensure they know that veterans should be valued.

"We want to show them that we were there. We made history."

ROSANNA HAROUTOUNIAN/FOR METRO
WITH FILES FROM TORSTAR NEWS SERVICE

Helen Rapp's medals from left: The Canadian Volunteer Service Medal, the War Service Medal, the Confederation Medal, a Golden Jubilee Medal and a Diamond Jubilee medal awarded earlier this year. SEAN MCKIBBON/METRO IN OTTAWA

...and she puts the boom in wartime bombshells

SEAN MCKIBBON/ METRO IN OTTAWA

Paying tribute. Bomb Girls actress honoured to salute women like one she portrays in TV series

JESSICA SMITH
Metro in Toronto

Growing up studying history, Charlotte Hegele learned all about the men who fought the Second World War. It was only years later, reading the script of Bomb Girls, that she really learned about the women.

"I think a lot of young people blur history together and they don't realize that there are specific pockets of time where extraordinary things happened," said Hegele. "It's so important that we tell women's stories."

Hegele plays Kate Andrews, a young woman who flees from her abusive father, a tyrannical street preacher, to Toronto, where she works at Victory Munitions.

The main characters on Bomb Girls are inspired by the real Canadian women who worked in munitions factories. They built bombs that could explode with one false move, in factories they believed could be a target for an attack on Canadian soil.

"On World War II, when I was in school, we spoke so much about men," she said. "We, assumed, for whatever reason, that women during war would just be sitting at home taking care of the family waiting for their man to come home, waiting for the soldiers to come home, when, in fact, their place in society became pivotal to the success of the Allies."

Bomb Girls shows why the war was pivotal for women, how they went to work when their country needed them to and never turned back.

"It's hard for me to imagine how it really would have been, how it really would have felt to be a woman at that time — but I think that women were just itching to be given equal opportunities as men," Hegele said. "It must have been not just liberating but exciting to be able to do jobs — jobs they actually kept."

For Hegele, telling stories about Canadian history is "an important public service" that she learned from her grandfather.

Dr. Joseph Walmsley was a medical officer who fought in Dieppe. When he returned, he would speak at school Remembrance Day ceremonies.

"He would come in with his medals — it was a very proud moment, to see him come and speak in his full uniform," she said. "I wasn't just proud that he was the speaker, it was because he was so proud. It was a moment for him to give some perspective for young people and understanding of what he actually did."

Meeting her inspiration

Hegele has had the chance to meet some of the real Bomb Girls who are the show's inspiration. Her first time was at the show's premier in Ottawa.

She recalls thinking so much about her character during the filming and then realizing, at the premiere, the impact Bomb Girls would have on the real women who lived that story.

"It was really scary," she said. "At that moment I thought, 'Okay, I really hope we did them justice and we created something that was respectful and honoured their accomplishments and that they would be proud to watch."

"The original Bomb Girls seemed moved," she said. "At the time of the war, perhaps, it didn't seem for them that they were doing anything extraordinary because it was what their country needed them to do and they were just doing what they could do. But it's really important for our country to know now about the sacrifices they made."

A screen grab from the first episode of Bomb Girls. GLOBAL

Quoted

"Some American viewers have been confused because one of the events that happens in the first season is Pearl Harbor, but it doesn't happen until the end. And of, course, Pearl Harbor is the reason the States got involved in the war to begin with... It's nice to know that we're not just telling the women's story, but the Canadian story, because it's unique."

Actress Charlotte Hegele

Real factories behind Bomb Girls series

- One of the real factories Victory Munitions is based on is the Defence Industries Limited plant, which built munitions for the Allies and led to the founding of the Town of Ajax. The other was the General Engineering Company of Ontario (GECO) plant in Scarborough.
- The cast is currently shooting season two, set to air in 2013, at the set on Brown's Line in Etobicoke.
- The new season will include Rosie O'Donnell as guest star. She will play "Dottie" in Episode 209.
- You can watch the first season of Bomb Girls online at: globaltv.com/bombgirls.

Go it alone or go to an adviser? Depends on your comfort level

Investing. This is the third of a three-part series on getting into the stock market

IN THE MARKET
Bryan Borzykowski
For Metro

Novice investors will probably want to start with an adviser, says columnist Bryan Borzykowski. ISTOCK

It's never been easier to get into the stock market. You can invest online, through an adviser and at your branch. You can buy stocks, mutual funds, exchange-traded funds, fixed-income and more.

Investing is so simple that it can be overwhelming. Where do you start? What should you buy? How much do you need?

Novice investors will likely want to start with an adviser. They understand the market and know which products are the best. It's also their job to make your money grow, which is hard for most people to do on their own.

Some financial planners, such as bank-based advisers, are free, though others can be expensive, depending on what you want them to do. Many charge a flat fee that includes investing and developing a financial plan.

As well, advisers typically invest in mutual funds, which come with a hefty management ratio. Usually, a mutual fund company will take around two per cent of someone's invested assets to cover expenses. If you don't know what you're doing, though, it's worth paying for the advice.

Savvier investors often buy securities online. Every bank has its own web-based brokerage, but there are other firms, such as Qtrade, Interactive Brokers and Questrade, that offer similar services.

Do-it-yourself investors often buy stocks and exchange-traded funds — a basket of stocks that track a specific index — that don't come with the same management fees as mutual funds do. (Stocks don't come with any management costs.)

Online

- Missed the first two columns on entering the stock market? Check out the whole package — including who should be buying stocks, and how to pick them — at metronews.ca/tag/investing.

There is a trading fee, but, depending on how often you trade, it can be negligible. Per trade costs range between $6.99 and $29.99 — it depends on the bank and how often you buy and sell — but it's often cheaper than buying mutual funds with an adviser.

Once you figure out how you want to invest and with what products, you need to decide what type of account to use. Registered Retirement Savings Plans (RRSP) are still the most popular investment account, as you only have to pay tax on the total account balance when you withdraw, likely in retirement.

Tax-Free Savings Accounts, which were introduced in 2009, are giving the RRSP a run for its money. Whatever you invest in a TFSA grows tax-free. While you don't get a tax refund, like you do when you invest in an RRSP, you don't have to pay the CRA when you withdraw.

There are also non-registered accounts that offer preferential tax treatment on capital gains — the difference between what you bought a security for and what it's sold for — and dividends. Most people turn to non-registered accounts after maxing out their RRSP.

See what I mean about choice? It's amazing anyone invests in the stock market at all. But don't get flustered; investing really is easy. Check out your bank's online brokerage account to see what DIY investing has to offer, or talk to a financial adviser for more hands on help.

Bryan Borzykowski is a Toronto-based financial writer and the author of Building Wealth All-in-One for Canadians for Dummies. Contact him at bryanborzykowski.com or follow him on Twitter @bborzyko.

Market Minute

DOLLAR 99.96¢ (-0.43¢)

TSX 12,191.05 (-39.54)

OIL $85.09 US (+65¢)

GOLD $1,726 US (+$12)

Natural gas: $3.59 US (+1¢)
Dow Jones: 12,811.32 (-121.41)

Misleading?

Suit targets 7Up antioxidant claims

A U.S. advocacy group wants to take the fizz out of 7Up's antioxidant claims. The Center for Science in the Public Interest, which advocates for food safety and nutrition, is part of a lawsuit against Dr Pepper Snapple Group Inc. for touting an added antioxidant in some 7Up varieties.

The suit, filed in California, says the claim is misleading because it gives the impression the antioxidants come from fruit. THE ASSOCIATED PRESS

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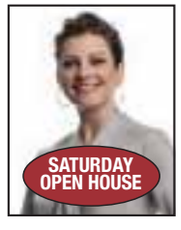

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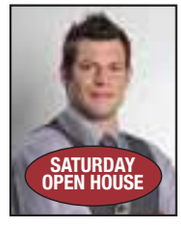

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THREE WORDS: FOUR MORE YEARS, AND ONE RECORD NUMBER OF RETWEETS

THE LIST
Neil Morton
metronews.ca

1 **Call your hockey parody.** Hockey blogger Harrison Mooney co-wrote and stars in a hockified version of Robyn's hit Call Your Girlfriend on YouTube called Call The Union. His hilarious plea to the NHL and NHLPA to get a deal done went viral. It features Mooney in a Vancouver Canucks jersey dancing and singing rather poorly. This might be just the jolt the NHL needed. Watch the vid at metronews.ca.

2 **Most retweeted tweet, ever.** 'Four more years' was the simple yet concise three-word tweet that came out from @BarackObama Tuesday night, along with a picture of Barack and Michelle in a warm embrace. It was retweeted nearly 800,000 times — the highest number ever. President of the United States for another term — and King of the Twittersphere, too.

3 **Need help? Call @justinbieber.** New Jersey Gov. Chris Christie took to tweeting Justin Bieber to get the word out about Hurricane Sandy New Jersey Relief Fund: '.@justinbieber my girls are big fans. Will u help us spread the word about NJReliefFund? For more info: http://tinyurl.com/anufbos #WeWillRebuild.' Biebs, always helping causes, obliged, retweeting to his nearly 30 million followers.

4 **Falcons 8-0.** The Atlanta Falcons were once one of the laughingstocks of the NFL, but their franchise can now do no wrong. With a star QB in Matt Ryan, they are halfway to a perfect season this year after beating the (hapless) Dallas Cowboys 19-13 on Sunday. Even if they don't go unbeaten, a Super Bowl appearance is definitely in their sights — if they beat da Bears!

5 **How to use paparazzi.** As Maroon 5 frontman Adam Levine and his girlfriend were leaving a lunch spot in L.A., trailed by paparazzi, he made a makeshift sign encouraging passersby to 'Text Red Cross to 90999' for Hurricane Sandy victims. My genius idea: Every celebrity should do this while being trailed by the paps — have a sign handy to promote a philanthropic cause.

6 **Mo bro!** I'm proud to be growing a stache for the first time ever — well, since the excitement of facial hair in Grade 8. It's for Movember Canada, of course, which raises money and awareness for men's health issues such as prostate cancer and mental illness. Give at ca.movember.com or donate to me personally at mobro.co/4648193. Thanks!

7 **Extreme Cougar Wives.** A program airing later this month on TLC called Extreme Cougar Wives features couples with wide-ranging age differences, including 65-year-old Stephanie, who is in love with 28-year-old Octavio. While this "cougar" thing may have hit its tipping point now, all the power to these women. If men can date way younger women — creepy! — then why not turn the tables?

8 **Etiquette expert.** If etiquette confuses you, like in my case (I get confused over when not to wear plaid) what better place to turn than Canadian etiquette expert Karen Cleveland. She tackles all things etiquette on her blog — mannersaresexy.com — from the traditional: how to bring your own wine to a restaurant, to the taboo: such as why your company should have topless meetings (as in, sans mobile devices).

9 **Trail Blazer, not.** A new iPhone app called Trail Blazer that's geared toward kids stars a buffalo who bikes and snowboards past northern Alberta landmarks while avoiding obstacles and collecting coins. Oh, and the game is made by Syncrude, one of Canada's largest producers of oil from Alberta's oilsands, and includes feel-good, pop-up messages about the company. Game over.

Follow The Metro List on Twitter @TheMetroList

Grand Theft Motorcycle

RICK TREISTER/REX FEATURES

Eyewitnessed robbery

Biker gang raids shopping mall

This amazing image shows the dramatic moment a gang of robbers made their escape on motorcycles in a shopping centre.

Six people riding three motorbikes and carrying axes drove into Brent Cross Shopping Centre in north London, England.

Professional photographer Rick Treister, 48, managed to snap this picture with his camera-phone.

METRO

Photographer's viewpoint

"It was like a Hollywood film. I would never have imagined someone would do that in a shopping centre. It was like a scene out of James Bond."

Rick Treister, photographer
Treister was on his way to the Apple store in Brent Cross Shopping Centre when he heard the sound of screaming and breaking glass. He managed to get one picture of the robbers as they passed him at full speed.

Details of robbery

- **Panic in the shopping mall.** Eyewitnesses said the thieves sped into the first floor of the shopping mall and headed for the Fraser Hart high-end jewelry store before smashing windows to get at the valuables on display. Shoppers began to panic as the robbery took place, with many people running for the exits. Some shops would not let customers leave while the incident was underway, witnesses said.
- **Bikes abandoned.** The motorbikes used in the robbery were found abandoned in Mill Hill, north London, 15 minutes after the robbery took place. Flying Squad detectives from the capital's police department have released footage of the theft taking place, to help in appeals for witnesses and information. So far, no arrests have been made.
- **Not an isolated incident.** The smash-and-grab incident came a day before a pawnbroker's store was targeted about three kilometres away by another motorbike gang.

Metropolitan Panel

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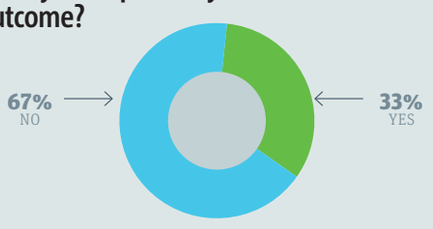
Were you surprised by the U.S. election outcome?



Twitter

@AssiniboiaClub: #YQR Slipping and falling while your lady stands strong next to you is ungentlemanly. Always offer an arm #YoullBothGoDown #YQR-Gents

@AllDayWong: The location of the new Tim Horton's they're building on Park & Dewdney is so random. I'm sure it will still be hella busy though. #YQR

@juatisask: If this forecast comes true I will be a happy,happy girl on Sunday!Riggin' up the lights to a snowy winter wonderland is perfect! #yqr #snow

@CTAPinSK: the weather is coming - #staysafe #besmart #skstorm - b sure to check road reports often.

@SawyerSwan: We've had those light sabers downtown for probably 2 and a half years... And today was the FIRST TIME I took notice of them. #yqr

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Lindsay Lohan plays Liz Taylor in the Lifetime TV movie Liz & Dick, which airs Nov. 25. HANDOUT

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

Why we still love Liz

Rewind. In celebration of the Lohan-led TV movie Liz & Dick, the Reel Guys pick their faves from the 'greatest movie star of all'

Richard: Mark, I know we'll get to the good Liz Taylor films in a second, but I'd like to start with Boom! a strange movie about a much-married booze hound (Liz wearing Vegas-inspired Kabuki gowns!) and a penniless poet (Dick) who romances her in the final hours of her life. This one fails on virtually every front, except that in its awfulness it has a campy charm, and for the ones who get the joke, great entertainment value.

Mark: Boom? Richard, you are perverse! But I have to admit that even Taylor's better films veer toward camp. Look at Butterfield 8, which I consider her essential mid-career movie. She plays an amoral man-eater who's a borderline prostitute. The movie has the greatest line Liz Taylor ever committed to celluloid, "Mama, face it, I was the slut of all time!" Although the movie is badly dated, it makes a strong case for the return of the negligee.

RC: I guess I like anything with Liz and Burton. Like The V.I.P.s. As if having Liz and Dick on screen wasn't enough star power The V.I.P.s adds in Orson Welles, Maggie Smith and a host of other early '60s A-listers. The melodramatic story is set on one night at the Heathrow Airport first class lounge. Liz looks amazing in this, but for me the highlight is Welles's sleazy movie producer who'll do anything—including marrying someone he hardly knows — to avoid a whopping tax bill.

MB: It must be some kind of meta-theme in Taylor's work: fat old guys stealing the movie from The Most Beautiful Woman In The World. Burl Ives has the same effect in Cat on a Hot Tin Roof. When he's onscreen, you forget about Taylor, which is quite a feat. Liz is a good little scene chewer in this adaptation of Tennessee Williams' mediocre play. Lots of scenes occur in the bedroom, giving her ample opportunity to dress and undress.

RC: Burton was Liz's most famous co-star, but she frequently co-starred with Montgomery Clift, who once said, "She feels like the other half of me." Check out Suddenly Last Summer or A Place in the Sun to see their chemistry.

MB: To my mind, Taylor was just a movie star until she played Martha in Who's Afraid of Virginia Woolf. Brilliantly directed and guided by Mike Nichols, she revealed herself to be a great actress as well.

Synopsis

The Reel Guys will wait to pass judgment on Lindsay Lohan's portrayal of Elizabeth Taylor (opposite Grant Bowler as Richard Burton) in Lifetime's Liz & Dick, but with the TV movie airing this month, we thought we'd take the opportunity to have a look at the real deal; the movies of the lilac-eyed La Liz.

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Twilight star a child no Lautner

Transforming in the spotlight. Taylor Lautner talks spending his formative teen years as the world's most famous werewolf

NED EHRBAR
Metro World News in Hollywood

Taylor Lautner started the Twilight franchise when he was 15 years old, and in the five years since he's become an international celebrity. The end of your teenage years can be awkward enough as is, but being under the media spotlight adds a whole different level of discomfort. "It's amazing how much a 15-year-old to a 20-year-old grows up and matures just regularly. Going through this, it definitely was at an accelerated rate," he says. "[The scrutiny] definitely added to it. It was the part of it that we never predicted."

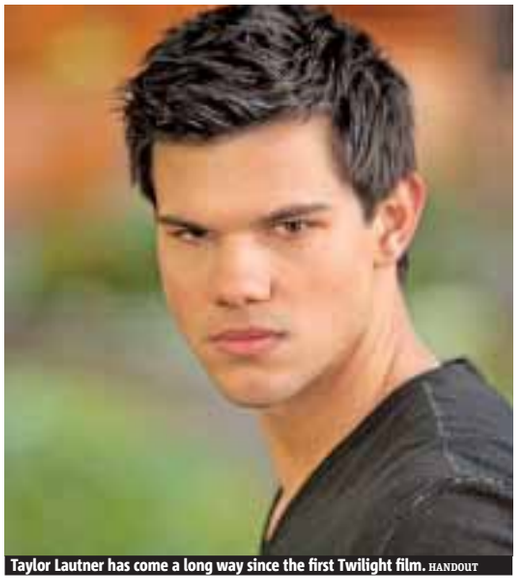
The first lesson Lautner had to learn was to not just hide from the world. "When something like that happens to you, you tend to [withdraw]," says Lautner, who became a tabloid staple when rumours about him dating Taylor Swift circulated in 2009.

"The worst thing you can do in that situation is just lock yourself up inside your house and not do anything and just be scared. You just have to think about things more and maybe just plan more in advance, but you don't want to change who you are and everything you do just because of it."

Of course, he did have to make some changes because of his fame — like where he spends his free time. "I haven't been to a mall in a while and I haven't been to a theme park in a while, but I figure out how to get into movie theatres," he says. "I do [wear a disguise], but they don't work at all for some reason, and I don't know why. I think I literally just have to put prosthetics on because literally I put a baseball hat on, glasses, pull the hat down, I look in the mirror and I'm like, 'All right, you are set. You don't look anything like yourself.' And the second I step outside, it's almost like I'm wearing nothing."

Looking ahead

So where does Lautner go from here? Certainly the Twilight franchise has given him a leg up over other 20-year-old actors, but his first non-franchise entry, last year's Abduction, was a critical and commercial failure. Lautner's plan to avoid another stinker, he says, is to diversify. "I'm looking forward to doing something different for myself and challenging myself," he says. "I don't want to do the same thing over and over again. My goal is to challenge myself to a wide variety of roles and genres of film."



Taylor Lautner has come a long way since the first Twilight film. HANDOUT

Michael Sheen. It's not easy being the bad guy

Michael Sheen has had a relatively easy schedule in the Twilight series, "flitting in and out" as the villainous Aro, as he puts it, while the rest of the cast has taken on a more strenuous time commitment. But that doesn't mean he's gotten off easy.

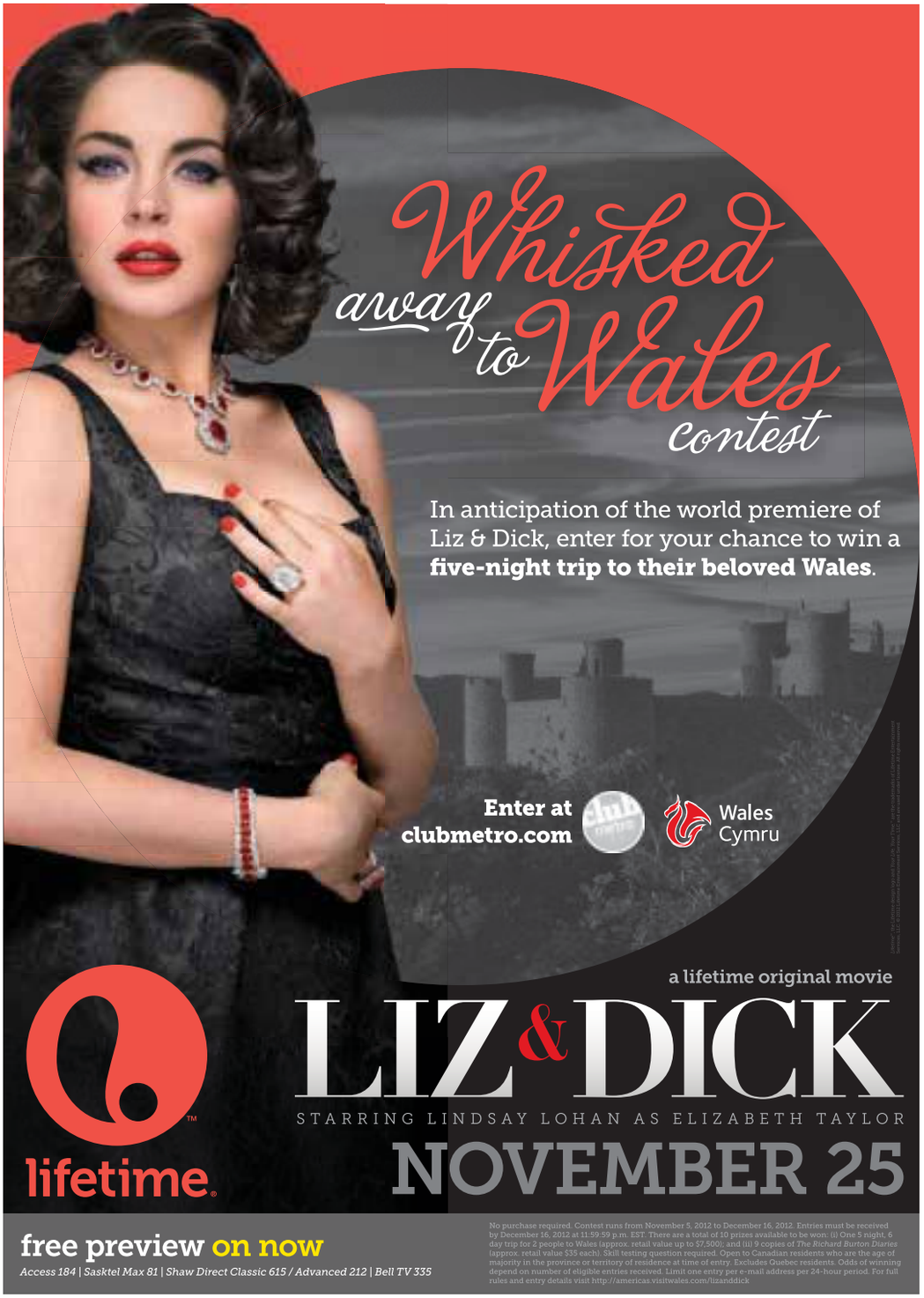
In fact, Sheen takes issue with the old adage that playing a villain is more fun for an actor. "I suppose people think, 'Oh, it's so much more enjoyable to play villains and it's so much more enjoyable to play that kind of thing,'" he says.

"It's hard work. I find it hard work, anyway. Maybe other people find it easier. But it's not something that you just kind of enjoy when you're doing it in the same way. Because if you enjoy it too much yourself, I think people just feel it's self-indulgent. You want the audience to enjoy it, which is the point. You can't enjoy yourself too much. It's work."

One bit he definitely didn't enjoy was the film's grand finale, which takes place on a snow-covered field — something Sheen thought he'd be well-prepared for. "You think, a bulk of this film is going to be in a forest at night somewhere really cold doing this battle scene in the snow," he remembers.

"So when we were working on the costumes, I thought — bit of experience. I've done this before. I'm going to make sure I've got a really warm costume. Layers and layers of wool and velvet. I was like, 'I'm going to be fine.' And the poor Amazonian girls ... 'I'm sorry, girls. You're just going to have to hold on tight.'"

The actual filming conditions didn't turn out as Sheen expected — though the Louisiana location should've been a tip-off. "I turn up on day one, and it's on a soundstage! It's not in a forest at all," he says. "So for weeks and weeks and weeks we're in this room with boiling hot lights." NED EHRBAR/MWN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What happens after you've spent five years as a vampire?

Catching up with the Cullens. The actors you've come to know as Edward's family share their post-Twilight plans

NED EHRBAR
Metro World News in Hollywood

The actors who portray the Cullen family in the Twilight series have had the luxury of a steady gig for five years now — something of a rarity for a film actor. But that's all over now. So, who's ready for life after Twilight and who's not? We checked in with the Cullens.

Kellan Lutz: "I've been working on my clothing line for about two years called Abbott + Main, which is another one of my passions — fashion. It's in Nordstrom, it's in Bloomingdales, it's doing great. Career-wise, I love action movies so I'm producing a couple..."

Nikki Reed: "I just put out an album. Every song is written by my husband and me, and we sing together. We also have a song on the Twilight soundtrack. I did four really cool films this year, two I'm especially proud of — one called Empire State with Liam Hemsworth and ... In Your Eyes, that was written ... by Joss Whedon."

Jackson Rathbone: "I've been focusing on my production company, trying to get projects launched. It's a learning process as a producer just as much as I constantly learn as an actor. I do have hopes to direct. And I always make independent music through my record label, Happy Jack Music."

Ashley Greene: "We're all thankfully working. I'm doing this movie, CBGB, right now that's very independent. Everyone involved is a well-oiled machine. It's just fun..."

Peter Facinelli: "I was doing Nurse Jackie and the Twilight saga literally shooting simultaneously for three or four years, so it's hard even now going to Nurse Jackie and not having another job to go to."

Elizabeth Reaser: ""We had careers before this. I know how to manage what that lifestyle is, and you find a way to be creative and be useful in your life when you're not working. That's just the game that we're in. You just keep hoping that you get to do good work. I find with being an actor, there's never a middle ground. It's either your life is insane and you're not sleeping for months on end or you're just sitting on your ass doing nothing."

NED EHRBAR, MWN

It took a lot of actors to fill out the characters from Stephenie Meyer's tale.
HANDOUT

Drama

Midnight's Children

Director. Deepa Mehta

Stars. Satya Bhabha, Shahana Goswami, Rajat Kapoor

Deepa Mehta, one of Canada and India's premiere filmmakers, melds history and mysticism in her adaptation of Salman Rushdie's Booker Prize-winning novel, set against the 1947 partition of India. Two boys born at the exact moment of India's independence from the British Empire are switched by a nurse — a poor boy put in a rich family and the rich with an itinerant musician. There are numerous insights into India, its culture and incredibly rich modern history.

ANNE BRODIE

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Hotel Transylvania (G) Fri 6:45-9:15 Sat-Mon 1:20-4-6:45-9:15 Tue-Thu 5:55-8:15
Looper (14A) Fri 7:10-9:55 Sat-Mon 1:30-4:30-7:10-9:55 Tue 5:35-8:20 Wed 1-5:35-8:20 Thu 5:35-8:20
The Perks of Being a Wallflower (PG) Fri 7:20-9:45 Sat-Mon 1:50-4:25-7:20-9:45 Tue 5:40-8:05 Wed 1-5:40-8:05 Thu 8:05
Seven Psychopaths (18A) Fri 6:50-9:20 Sat-Mon 1:10-4:10-6:50-9:20 Tue-Thu 5:20-7:55
Silent Hill: Revelation (18A) Fri 7:50-10 Sat-Mon 1:35-3:45-7:50-10 Tue-Thu 6:15-8:40
Sinister (14A) Fri 7:45-10:20 Sat-Mon 2:05-4:45-7:45-10:20 Tue-Thu 6-8:35
Skyfall (PG) No Passes Fri 7-10:15 No Passes Sat-Mon 12:40-3:50-7-10:15 No Passes Tue-Thu 5:15-8:25
Taken 2 (PG) Fri 7:35-9:50 Sat-Mon 2:30-5-7:35-9:50 Tue-Wed 5:20-7:50 Thu 5:40
Wreck-It Ralph (G) No Passes Sat-Mon 2
Wreck-It Ralph 3D (G) No Passes Fri 7:30-10 No Passes Sat-Mon 4:40-7:30-10 No Passes Tue-Thu 5:30-8

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Argo (PG) Fri 4:15-7-9:45 Sat-Mon 1:30-4:15-7-9:45 Tue-Thu 7:05-9:50
Cloud Atlas (14A) Fri-Sat 4:50-8:30 Sun 1:10-8:30 Mon 1:10-4:50-8:30 Tue-Wed 8:10 Thu 6:30
Flight (14A) Fri 4-7:05-10:10 Sat-Mon 12:50-4-7:05-10:10 Tue-Wed 6:50-9:55 Thu 6:45-10:20
Lawrence of Arabia (PG) Sun 12:30 Wed 6:30
The Man With the Iron Fists (18A) Fri 5:30-7:50-10:15 Sat 12:50-3:10-5:30-7:50-10:15 Sun-Mon 12:45-3:10-5:30-7:50-10:15 Tue-Thu 7:50-10:15
The Metropolitan Opera: The Tempest Live (STC) Sat 11:55
Midnight's Children (PG) Fri 3:55-7:10-10:25 Sat 12:40-3:55-7:10-10:25 Sun 12:50-5-7:10-10:25 Mon 12:40-3:55-7:10-10:25 Tue-Thu 6:55-10:10
Paranormal Activity 4 (14A) Fri 5:25-7:40-10 Sat 12:35-3:05-5:25-7:40-10 Sun 5:25-7:40-10 Mon 12:35-3:05-5:25-7:40-10 Tue 7:40-10 Wed 10 Thu 10:10
Pitch Perfect (PG) Fri 4:55-7:30-10:05 Sat-Mon 2:20-4:55-7:30-10:05 Tue 7:30-10:05 Wed 7:20 Thu 7:30-10:05
The Simpsons Movie (PG) Sat 11
Skyfall (PG) No Passes Fri 4:05-7:15-10:30 No Passes Sat-Mon 12:55-4:05-7:15-10:30 No Passes Tue-Thu 7-10:15 No Passes Fri 3:25-6:35-9:50 No Passes Sat-Mon 12:15-3:25-6:35-9:50 No Passes Tue-Thu 6:30-9:45
Twelfth Night - Encore Presentation (STC) Thu 7
The Twilight Saga: Breaking Dawn Part 2 (14A) No Passes Thu 10
Wreck-It Ralph (G) No Passes Sat-Mon 12:15-2:45
Wreck-It Ralph 3D (G) No Passes Fri-Mon 5:20-7:55-10:30 No Passes Tue-Thu 7:15-9:50

Kramer IMAX Theatre
2903 Powerhouse Dr., 306-522-4629

Sea Rex: Journey to a Prehistoric World 3D (STC) Fri-Sat 12:30-3-5:30-8:15 Sun 12:30-3
To the Arctic 3D (G) Fri-Sat 1:45-4:15-7 Sun 1:45-4:15

Paradise Cinema
1011 N. Devonshire Dr., 306-522-7888

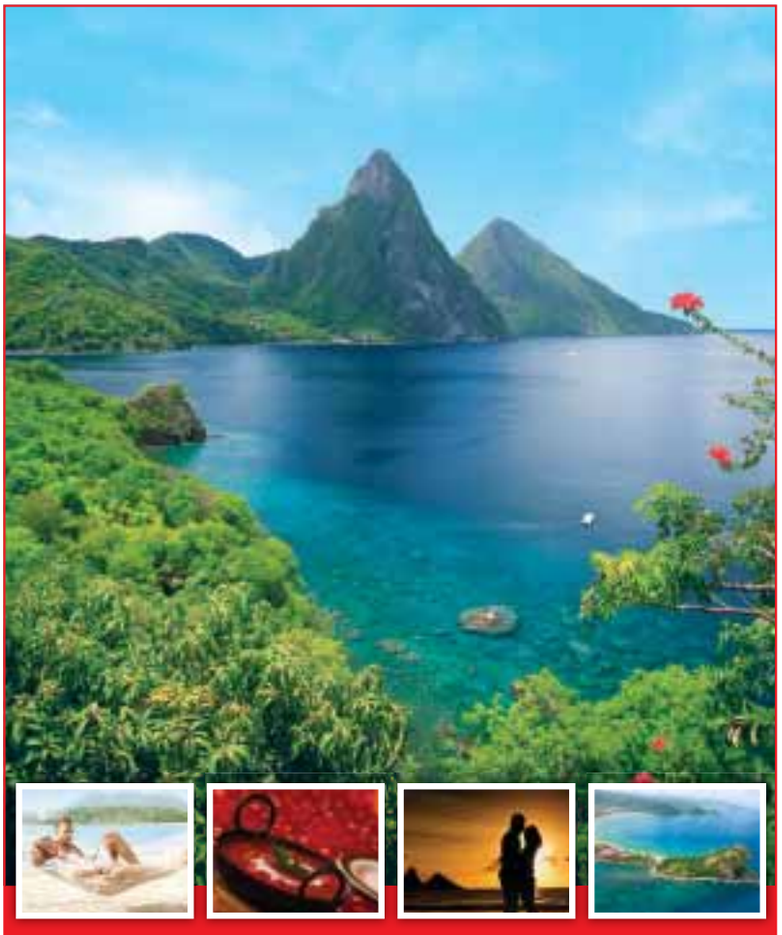
Here Comes the Boom (PG) Sat-Thu 7-9:20
Hotel Transylvania (G) Fri 6:50-9:20 Sat-Mon 1:10-3:50-6:50 Tue-Thu 6:50
Taken 2 (PG) Fri 7-9:30 Sat-Mon 1:30-4-9:30 Tue-Thu 9:30

Golden Mile
3806 Albert St., 306-359-5250

The Bourne Legacy (PG) Fri-Thu 1:10-3:45-6:35-9:20
Brave (G) Fri-Thu 1:25-4-6:55-9:35
The Campaign (14A) Fri-Thu 1:40-4-7-9:40
The Dark Knight Rises (PG) Fri-Thu 2-7:20
End of Watch (STC) Fri-Thu 1:15-3:45-6:45-9:25
Hope Springs (PG) Fri-Thu 1:35-3:50-6:50-9:55
Ice Age: Continental Drift (G) Fri-Thu 1:30-3:50
Ted (14A) Fri-Thu 6:40-9:45
Trouble With the Curve (PG) Fri-Wed 1:20-3:55-6:30-9:30 Thu 3:55-6:30-9:30 Thu 1

Regina Public Library Film Theatre
23 11 12th Ave., 306-777-6104

Collaborator (14A) Thu 9
No Films Showing Today (STC) Mon-Tue
The Queen of Versailles (G) Fri 9 Sat 7 Sun 9
Searching for Sugar Man (PG) Fri 7 Sat 9 Sun 7
Town of Runners (G) Thu 7
Wednesday Plus (STC) Wed 7



Winter's almost here and it's time to come up with an escape plan.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

John Travolta

Travolta's long time friend Kirstie Alley has his back

John Travolta has been fending off a lot of accusations about his sexuality lately, with several male masseurs suing the star for sexual harassment and assault this year, but he has at least one ally in his corner — longtime friend Kirstie Alley. "I know John with all my heart and soul, and he's not gay," the actress tells Barbara Walters in an interview, calling Travolta the "greatest love of my life." Alley has her own theories for the persistent speculation about Travolta's sexuality. "I think in Hollywood, if someone gets famous enough, and they're not out doing drugs and womanizing, what do you say about them?"

The Word

Cyrus: I'm only having one marriage (and one divorce)

THE WORD
Dorothy Robinson
scene@metronews.ca

Miley Cyrus went on The Ellen DeGeneres Show to clear up a few things regarding that whole "I'm having three marriages" rumour (apparently spread by father Billy Ray) that's been going around.

"There is some rumour going around that I'm having, like, 47 weddings. I'm not," Miley told Ellen on Thursday. "I'm having one wedding. That's my day and whatever I want on that day will be about me and that moment."

But that doesn't mean the wedding will be anytime soon, as the 19-year-old is working on her career. "I'm so focused on my record. … I kind of don't want to be in between touring and trying to plan all that, because I didn't really realize until I got a wedding planning book what you have to decide on," she said. "Like, I don't care what colour the napkins are, to be honest. I really don't care." Smart girl: Hosting three weddings sounds like a logistical nightmare. Does that mean guests have to give her three presents? Do they have to do the Electric Slide three times? And does it mean she would (inevitably) have to have three divorces?

Robert Pattinson and Kristen Stewart. ALL GETTY IMAGES

Pattinson and Stewart 'basically live together again'

While the reunion between Kristen Stewart and Robert Pattinson hasn't become official yet, the Twilight co-stars are practically living together again, according to Us Weekly. Sources say Pattinson has been spending his nights lately at Stewart's new $2 million home despite his own being nearby. "They basically live together again," a source says.

Taylor Swift

Why do Taylor's relationships fail? Ask her friends

Taylor Swift's troubled love life is legendary — and the inspiration for many a hit song for the singer. But to hear her friends tell it, Swift herself is to blame for the fact that none of her relationships last. "All Taylor wants is to be loved," a source close to the singer tells Us Weekly. "She's a prisoner of her work. It takes up all of her time. She overworks relationships. She puts so much pressure on them, it ultimately kills the deal. Then she's baffled as to why it didn't work."

Twitter

@JuddApatow
I don't do well when Mad Men is not on.

@MrCraigBierko
Dear People of Ohio Who Keep Including Me In Your Location Updates, please stop it or I'll push a button and send you to the cornfield

@MichaelChiklis
I want you all to look at your twitter feed & see how many hateful, vitriolic things (if any) you have written. Then look in the mirror.

@SarahKSilverman
Let's not wait for the apocalypse or an alien attack to love each other y'all

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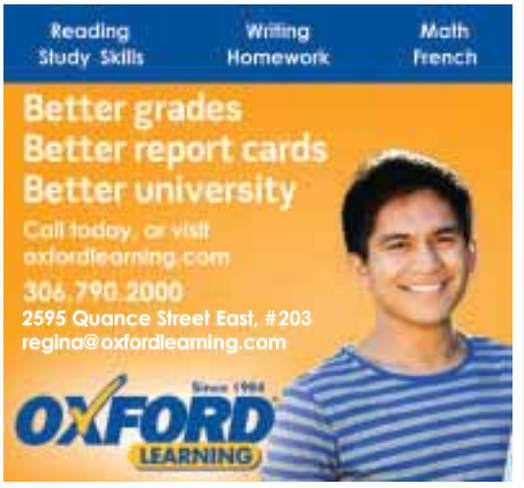
$15 OFF •Tranny Flush •Coolant Flush •Differential •Transfer Case
Not valid with any other offer. One coupon per visit. WARRANTY APPROVED. Coupon expires December 30, 2012.



Liquid Assets

Light side of Aussie wine

LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

If there's one thing I learned from visiting a gazillion wineries across Australia in record time is that there's more to Down Under than red wines. While they've become synonymous with the dark, spicy goodness that is shiraz; the thick, meaty fruit of Cabernet Sauvignon; and more recently, plump, fruit-forward pinot noir, the Aussies make darn fine white wines too.

I think it was me who said that you really have to wrap your lips around reds before you can fully appreciate whites.

Oz's New World climate is a perfect home for the development of white wines with rich, flowing personalities that, more often than not, massage unique flavour profiles from familiar fruit.

Chardonnay, Sauvignon blanc and riesling are the big three whites in Australia — with pinot grigio making some major in-roads, as is the lesser know viognier.

Yet another expat French varietal from the Rhone Valley, viognier's plush, white pepper character and lightly tropical style is well represented in Yalumba's 2011 Y Series Viognier ($15.99 to $17.99) from South Australia.

It's a great wine to pair with a wide variety of cheeses, along with grand roast poultry dinners, and Thai and Asian cuisine.

PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.

Add colours and textures to your table

Asian Beef with Crisp Vegetables. Stir-fry is a tasty and easy way to serve up protein, vegetables and grains on one plate

ROSE REISMAN
for more, visit
rosereisman.com

Beef stir-fry is an all-time favourite for the family, especially the kids. It's the one way I make sure my kids are getting their protein, vegetables and grains.

Be sure not to overcook the vegetables. Use the best quality steak, such as rib eye, sirloin, filet or New York. You can serve this over rice or rice noodles. The colours and textures of this dish give it great eye appeal.

This recipe serves four. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

Ingredients

- 3/4 cup beef (or chicken) stock
- 1/4 cup packed brown sugar
- 2 tbsp low-sodium soy sauce
- 2 tbsp rice vinegar
- 2 tsp sesame oil
- 1 tbsp cornstarch
- 2 tsp finely chopped garlic
- 1 1/2 tsp finely chopped ginger
- 12 oz boneless grilling steak
- 2 tsp vegetable oil
- 1 1/2 cups chopped broccoli
- 1 1/2 cups thinly sliced red bell pepper
- 1 1/2 cups snow peas
- 1/4 cup chopped cilantro or parsley
- 1/4 cup chopped green onions
- 2 tbsp chopped toasted cashews (optional)

1. Sauce: Whisk stock, brown sugar, soy sauce, vinegar, sesame oil, cornstarch, garlic and ginger in a bowl. Set aside.

2. Lightly coat a large, nonstick skillet with cooking spray and place over high heat. When the skillet is hot, brown the beef for 3 minutes, or until it's browned but still rare. Remove from the pan, let rest for 5 minutes, then slice thinly.

3. Respray the pan. Heat the vegetable oil, then add the broccoli, red pepper and snow peas. Cook for 3 minutes. Return the beef to the pan. Stir the sauce and add to the pan. Stir-fry for 2 minutes or until the sauce is thickened and bubbly and the beef is done to your liking. Be careful not to overcook.

4. Place on a serving platter and garnish with cilantro or parsley, green onions and cashews (if using). **ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN**

Thai fare gets slow-cooker treatment

This recipe serves four. NEWS CANADA

Cooking this Thai Red Curry Chicken in a slow cooker really brings out the flavours.

Ingredients

- 1 tbsp Blue Dragon Thai Red Curry Paste
- 2 lbs skinless, boneless chicken thighs, well trimmed and cut into 1-inch/2.5 cm pieces
- 1 Japanese eggplant, cut into quarters lengthwise, then cut into 1-inch/2.5 cm cubes
- 1 medium red bell pepper, cut into thin strips
- 1 can (400 ml) Blue Dragon Coconut Milk
- 1 tbsp chopped fresh cilantro
- 1 tbsp chopped fresh Thai basil leaves
- Steamed Basmati rice
- Lime wedges

1. Place chicken pieces and red curry paste in slow cooker; stir until combined.

2. Cover and cook on high for 2 and a half to 3 hours or on low for 5 to 6 hours or until juices run clear when chicken is pierced with a fork.

3. Stir in eggplant, red pepper strips and coconut milk. Cover and cook for another 20 minutes or until peppers are tender and heated through. Stir in cilantro and basil. Serve over hot steamed rice and garnish with lime wedge.

NEWS CANADA/ CROCK-POT.CA

LIFE 3

SPORTS 4

Coaching critical to young Riders' success

CFL. Coach Chamblin hopes preparation can overcome momentum against red-hot Calgary in West semifinal

The Saskatchewan Roughriders may have stumbled into the CFL playoffs, but head coach Corey Chamblin hopes preparation can make up for lack of momentum as he readies his young squad for the West Division semifinal.

The Roughriders (8-10) lost the last four games of the season and face a daunting task when they travel to Calgary (12-6) for Sunday's game.

Chamblin said Thursday the onus will be on the coaching staff to provide a buffer against the pressure of a post-season experience that will be new to a significant number of his players.

"The thing about having a young team is that young teams go as we go as coaches," Chamblin said. "It is who protects the quarterback. That's what will decide it."

That's a sweeping generalization of course. Just ask any offensive lineman.

Offensive guard Brendon LaBatte says he's hoping the Riders can get tailback Kory Sheets and their running attack in high gear early and thus make pass protection at least a little bit easier against a Calgary defence that recorded 40 quarterback sacks this season.

Roughriders tailback Kory Sheets gets tackled by Winnipeg's Alex Suber at Canad Inns Stadium on Sept. 9. JOHN WOODS/THE CANADIAN PRESS FILE

"They're a good front seven," LaBatte said. "Their schemes are all over the place."

If the Riders do require psychological motivation, it could come in the form of Thursday's announcement of the West Division all-star team and the disappointing news that it includes only three players from Saskatchewan, all on offence.

LaBatte and wide receivers Weston Dressler and Chris Getzlaf are the Roughriders' lone representatives.

"The biggest all-star is the Grey Cup. The biggest thing you want is that ring," said Chamblin.

"The personal stuff doesn't mean a whole lot," said LaBatte, who became a West Division all-star in his first season in Saskatchewan. "I think we've got a lot of good players who are obviously worthy."

Getzlaf caught 65 passes for 864 yards and two touchdowns this season en route to his first-ever selection as a CFL all-star.

While those numbers were the best for any Canadian receiver in the league this season, they are not as impressive as the 1,071 yards and 10 touchdowns Getzlaf put up in 2011.

Dressler had a spectacular season, catching 94 passes for 1,206 yards and 13 touchdowns, career highs in all three categories for the five-year veteran. He also carried the ball 11 times for 56 yards, and ran back 20 punts for 229, including a 76-yard return for a touchdown.

THE CANADIAN PRESS

Quoted

"I enjoy playing Calgary, for sure. Any time you go to the playoffs, it's an entirely new season. Everyone out there needs to know that you need to step up."

Roughriders receiver Chris Getzlaf, who has had some huge games against Calgary in the past

NHL

Lockout talks roll along in New York

The NHL and NHL Players' Association will meet for a fourth straight day in an attempt to salvage a shortened season.

Key negotiators from the league and union, including NHL commissioner Gary Bettman and NHLPA executive director Donald Fehr, met for more than five hours Thursday and indicated talks will continue on Friday.

"I don't really have much to say," said Bettman. "We met with the players' association the last three days and we're planning on meeting again tomorrow. But I'm not going to discuss the negotiations or the substance of what we're talking about.

"I really don't think that would be helpful for the process."

Fehr was similarly tight-lipped.

"All I can say is that we discussed a wide range of topics relating to the issues between us," he said. "I really can't say more than that at this point." THE CANADIAN PRESS

NHL commissioner Gary Bettman GETTY IMAGES FILE

BREAKING DOWN SEMIFINAL SUNDAY

CFL EXTRA POINTS
Dan Toth
regina@metronews.ca

West semifinal

Saskatchewan (8-10) at Calgary (12-6), Sunday, 3:30 p.m. (TSN)

The Calgary Stampeders are the CFL's hottest team, but you can't help but think they get a chill when pondering Sunday's opponent. Despite a four-game win streak, history suggests almost anything can happen when the Roughriders visit McMahon Stadium.

Since winning the 2008 Grey Cup, Calgary has lost two West finals to Saskatchewan. The Stamps have suffered playoff losses in each of their last four post-season encounters with the Riders, dating back to 2007.

Additionally, Saskatchewan minimizes Calgary's home-field advantage more than any other team as thousands of Rider fans are expected to turn up, as usual.

The Riders locked down practice early this week, leaving media miffed and conspiracy theorists suggesting the coaching staff has cooked up something special to upset the Stamps. The biggest shock may have come days before the opening kickoff, when the Stamps chose Drew Tate as their starting quarterback ahead of Kevin Glenn.

Season series: The Roughriders and Stampeders met three times, with Calgary taking two of three games. The Stamps won the first two. However, the Riders claimed the final regular-season encounter. **Pick: Calgary by 2.**

East semifinal

Edmonton (7-11) at Toronto (9-9), Sunday, 12 p.m. (TSN)

Backroom intrigue is the last thing the Edmonton Eskimos need right now, but they stirred it up with the firing of GM Eric Tillman. Rumours persist that Tillman is now destined for Toronto and a similar role with the Argos, triggering all kinds of denials from Hogtown, where Tillman traded Esks star quarterback Ricky Ray last offseason. The swap not only created controversy in Edmonton but a huge credibility gap for the league should Tillman be reunited with Ray in T.O.

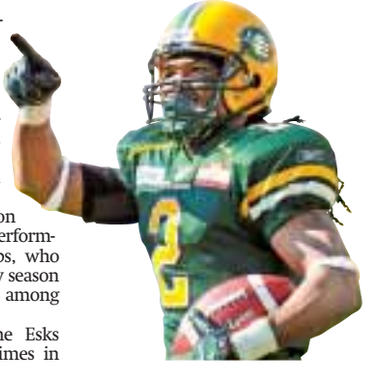
Since the crossover format's introduction in 1996, it is just the seventh time a team has headed to the other division for a CFL semifinal, and history is not on Edmonton's side. Only B.C. in 2009 advanced.

This Sunday's semifinal favours the Argos not only for Ray's presence at the helm, but East Division most outstanding player candidate Chad Owens will likely make an impact on special teams and offence.

To succeed, Edmonton will need a dominant performance from Fred Stamps, who recovered from an early season slump to finish second among CFL receivers.

Season series: The Esks beat the Argos both times in 2012, but much has changed since those encounters. Not only has Ray returned to all-star form, Edmonton's muddled QB situation has left everyone second-guessing whether they should start veteran Kerry Joseph or youngster Matt Nichols. Steven Jyles, acquired in the Ray swap, is an afterthought.

Pick: Toronto by 5



Horoscopes

Aries
March 21 - April 20
Get help from someone who is more worldly-wise than you are. You may think you can get things done alone but life will be easier if you have someone to handle negotiations and read the small print that you tend to ignore.

Taurus
April 21 - May 21
Do what you feel is right and ignore those who disagree with you. You tend to do that anyway, but today there really is no time for discussion. Follow your muse wherever it chooses to lead you.

Gemini
May 22 - June 21
The right things seem to be happening at just the right time and today's Venus-Jupiter link will certainly bring good news concerning a partnership or relationship. One-to-one relationships are under excellent stars.

Cancer
June 22 - July 23
You have never been one to put dollars and cents above other things but over the next few days you must focus more on your financial situation. Could you be earning more? Yes. Should you be spending less. Double yes.

Leo
July 24 - Aug. 23
Your heart will rule your head today and that will lead to some seriously fun times. Friendships and social activities must come first, at least for a while. Contacts you make now will bring long-term benefits.

Virgo
Aug. 24 - Sept. 23
There are times when it all seems to come together, and this is one of them. Both at home and at work, things will fall into place with no input from you, and that's nice. All you have to do is enjoy them.

Libra
Sept. 24 - Oct. 23
This is potentially one of the best days of the year as your ruler Venus, currently in your sign, links with luck planet Jupiter. Make a wish and expect it to come true, because it most likely will. Go on, ask for something outrageous.

Scorpio
Oct. 24 - Nov. 22
It's time to get serious about your aims and ambitions. Something you visualize over the next few days is potentially more than just an idle daydream. Handled the right way, it could be your future – and that future is bright.

Sagittarius
Nov. 23 - Dec. 21
You may be tempted to say what you think people want to hear but that would be a mistake. The planets urge you to be honest, even if it means hurting a loved one's feelings. They'll thank you for it one day.

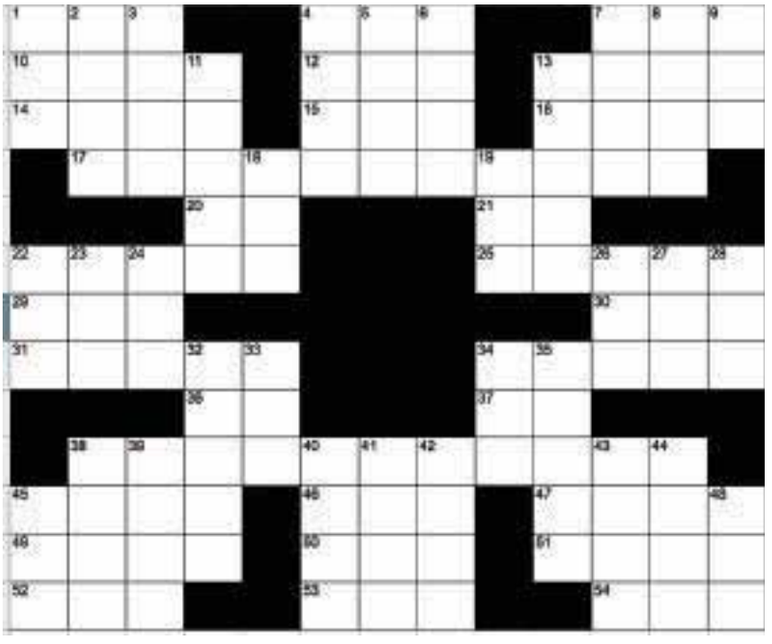
Capricorn
Dec. 22 - Jan. 20
Go out of your way to be nice, even if people are not nice to you. Someone in a position of authority thinks you are ready for bigger and better things, and if your manner is positive, a promotion is likely.

Aquarius
Jan. 21 - Feb. 19
You may or may not be on the move over the next few days but even if you stay close to home, you will certainly be looking at the world in a different way. You have never been one to follow the herd.

Pisces
Feb. 20 - March 20
Today's Venus-Jupiter link will emphasize the generous side of your nature, which is rarely far from the surface. Do what you can for people in need but don't bankrupt yourself in the process — that won't help them or you. SALLY BROMPTON

Canadian Crossword

BY BETTY MARTIN



Across
1. Spanish cheer
4. Sandra Bullock drama with 'The"
7. Sudbury prov.
10. The — Ones
12. Eggs
13. East Indian nanny
14. Survivor locale
15. Apiece
16. "Auntie —"
17. Fever
20. Bible pt.
21. Whose Line – It Anyway?
22. Actress Davis
25. Trades
29. — We There Yet?
30 Consume
31. Magnate
34. Say yes to the —
36. Noble
37. Over achiever (abbr.)
38. In a minute (3 words)
45. Burn plant
46. Wheel of Fortune purchase (2 words)
47. Folk —
49 Aroma
50. O.J. Simpson judge
51. Mix
52. The — Patrol
53. Computer key
54. Eye

Down
1. Sash
2. Drama starring Matthew Fox
3. Fashion magazine
4. Negative (sl.)
5. Always
6. "Gone with the Wind" plantation
7. Actor Sharif
8. — that Tune
9. — Young and the Restless
11. Devil
13. Humor
18. Parent/teacher assoc.
19. – the season
22. Chatter
23. Time frame
24. Ever (poet.)
26. Actor J. Cobb
27. — Vegas, Nevada
28. Road crossers
32. Fun loving mammal
33. Born
34. Homer Simpson exclamation
35. Transport offerings
38. M*A*S*H actor
39. Covered by a sock
40. Police activity
41. Raise the stake
42. Ewe covering
43. Bunches
44. Lake bordering Ontario
45. Agency of Record (abbr.)
48. Sooner than, poet.

Yesterday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

	8	1	3	9			2	4
		6						
3	4		8			9		
	9			8		2		
		5		6			1	
		4			2		9	5
						7		
8	2			7	5	6	3	

Yesterday's Sudoku

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$49 10 lbs

Drake Bacon
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Ground Sirloin
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Baron of Beef
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